

Legs (Quads / Hams / Glutes)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
⁽⁷⁾⁽¹⁰⁾ Squats / Lunges						
Deadlifts ⁽⁷⁾⁽¹⁰⁾						
Pelvic Lift/ ⁽⁷⁾⁽¹⁰⁾ Press						
⁽⁷⁾ Leg Extensions						
⁽⁷⁾ Leg Curls						

Legs (Hips / Tibs / Calves)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
⁽⁸⁾ Hip Adductions						
⁽⁸⁾ Hip Abduction						
Calve Raises ⁽⁹⁾						
⁽⁹⁾ Toe Raises						
Foot Ad & Abductions						

Core (Abs, Obliques)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
⁽¹⁰⁾ Ab Crunch						
⁽¹⁰⁾ Front Leg Raise						
⁽¹⁰⁾ Torso Rotation						
⁽¹⁰⁾ Side Bends						
Hollow Body ⁽¹⁰⁾						
Prone Plank ⁽¹⁰⁾						
⁽¹⁰⁾ Side Plank						

Core (Low Back)

Exercise	Variation	Wt + Reps	Variation	Wt + Reps	Variation	Wt + Reps
Upper Back ⁽¹⁰⁾ Extensions						
⁽¹⁰⁾ Bird-Dogs						
⁽¹⁰⁾ Back Leg Raises						
Super(wo)mans ⁽¹⁰⁾						
Supine Plank ⁽¹⁰⁾						